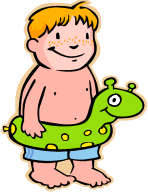


SWIM LESSONS CRITERIA

FOR CHILDREN 3-5 YEARS OLD



SHORELINE POOL



Parent Tot Sea Otters

Child Skills

Comfortable in the water
Blow bubbles
Reach and Pull arms
Kicking
Comfortable on back
Comfortable going underwater
Jump into water w/ assistance
Supports self at wall
Comfortable in lifejacket/rings
Comfortable with instructor

Parent Skills

Know holding positions
Learn about cueing child
Water Safety
Advanced Skills
Blow bubbles w/ face in the water
Frontfloat unassisted
Backfloat unassisted
Jump into water unassisted
Reach and pull arms unassisted
Comfortable swimming to instructor



Preschool Level 3 Frogs

10 rhythmic bobs
Front glide with kick (7 yds)
Crawl stroke with side breathing (7 yds)
Backstroke (7 yds)
Introduction to elementary backstroke kick
Turning over
Change in direction
Combined Swim-Jump in, Swim crawl (7 yds), return to wall w/backstroke
Change from a vertical to a horizontal position in water over their heads
Lifejackets



Preschool Level 1 Starfish

Able to enter and exit water unassisted
Comfortable in the water
Blow bubbles with full face in the water (5 sec)
Retrieve toy under water at arms length
Front float with assistance (5 sec)
Front float unassisted (5 sec)
Front glide (2 yds)
Backfloat with assistance (5 sec)
Backfloat unassisted (5 sec)
Back glide (2yds)
Jump in from side with assistance
Water safety rules
Lifejackets
How to get help



Preschool Level 4 Turtles

Crawl stroke w/sidebreathing (15 yds)
Backstroke (15 yds)
Elementary Backstroke (7yds)
Breaststroke kick (5 yds)
Intro to Dolphin Kick (4 yds)
Combined Swim in water over their heads
Treading Water (15 sec)



Preschool Level 2 Seahorse

5 rhythmic bobs
Front glide with kick (3 yds)
Crawl stroke (3 yds)
Introduce side-breathing
Backfloat with finning and kicking (3 yds)
Begin backstroke with assistance
Backstroke unassisted (3yds)
Jump in from side unassisted
Water safety rules
Lifejackets
Pick up object off platform 3 times



Preschool Level 5 Crab

Crawl stroke (25 yds)
Backstroke (25 yds)
Elementary Backstroke (25 yds)
Breaststroke (15 yds)
Butterfly (10 yds)
Learn turns
Treading Water (30 sec)
Underwater swim 3 body lengths
Sitting dives
Survival float for 20 seconds

